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ABSTRACT

This paper examines the organization, planning, development, and staging of foot races, bicycle races, or multi-event competitions as fund raisers for public or private groups in rural areas. Local businesses often assist in sponsoring such events in order to get free advertising and make money from newcomers drawn to the event. Organizers must be able to offer something for runners who consider the event to be a "fun run" as well as for those who are more competitive. T-shirts are very important if the run is going to be an annual revenue raiser. Recruiting volunteers and community sponsors is essential if the event is going to be profitable. Other ingredients for success include publicity, law enforcement cooperation, good organization, and proper planning. This document includes many examples of successful running events in the United States, along with reprinted copies of their organizational and promotional materials. (TES)

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RUN FOR THE GOLD: SMALL TOWN FUN(DING) RUNS

NATIONAL INSTITUTE ON SOCIAL WORK AND HUMAN SERVICES IN RURAL AREAS
Colorado State University
Fort Collins, Colorado
July 1988

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Spokane County Community Services Department
Spokane, Washington

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RC 017188

RUN FOR THE GOLD: SMALL TOWN FUN(DING) RUNS

This paper will examine the organization, planning, development, and staging of small town fun(ding) runs. Issues of coordination, theme, publicity, course selection, town spirit/participation, and community cooperation (i.e., city hall, law enforcement, fire department, business involvement, and race volunteers) will be assessed and evaluated.

Small towns (with limited budgets and limited taxes) have taken the fund raising initiative by developing fun(d) runs and thus cashing in on the recreation/fitness/health movement that is racing across both urban and rural America. Small rural communities have been able to increase both their town pride/spirit and budgets by scheduling runs, bike rides, biathlons (biking/running), and triathlons (swimming/biking/running). Various small town organizations (i.e., city hall, community center, and high school), service clubs/cooperatives (i.e., Lions and Grange), and town special projects (i.e., historical society and museum) have been able to meet their funding goals through the development and participation in fun(d) runs.

Developing a small town fun(d) run as a revenue raiser is an event that is hard (but not impossible) to accomplish. Having the run occur and making a profit takes a great deal of planning, organization, know-how, and good luck (weather and number of race participants).

Rural community fun(d) runs have been annual events (nationally) for about 10 years. For a variety of reasons (maybe saturation, or the leveling out of the fitness/running craze), "the number of rural races in the United States has declined from 6,759 between August 1985 and

July 1986 to 5,342 between August 1986 and July 1987."¹. This reflects a decrease of 21% in one year!

Many of the rural community fun runs were developed initially as that, a fun run as a community activity or part of a larger community event such as Deer Park WA (pop. 2,385) Winter Carnival; Dayton WA (pop. 2,565) Depot Festival (Appendix 2); Almira WA (pop. 330) Country Fair (Appendix 3), or the Moses Lake WA (pop. 15,000) Spring Festival (Appendix 2). In most of the small town fun(ding) runs, the fun run has become a very effective and viable fund raiser, but not a viable "community" involvement event (regarding running participants); although the communities have been very successful in recruiting town volunteers and town businesses to assist in the sponsoring of the fun(d) run in their community. For example, at the Ritzville WA (pop. 2,000) biathlon, the resident race participants have been only 10% of the total rural racers (26/250). These figures appear to be fairly representative of this author's observations of rural fun(d) runs. Rural town people just don't want to run in these staged events. The town people do participate in the other events in the community celebration, not just the "running" event.

When rural fun(d) runs have been developed, they are usually sponsored by an organization or group that has a financial purpose in the development of the event such as Lions Club (sight and hearing aids); PTA (school enhancements); parks and recreation departments; town historical and preservation society (Dayton); and school projects

1. Steve Clapp, "Save the Small Races," *Footnotes*, (Spring 1988), vol. XVI, no. 1, p. 4

(school children in a rural Mexican village). As an example of fund raising, the organizers of the Moses Lake WA triathlon have used the profits to build a wrestling room for the local high school, and gave the left-over money to the Lions Club. With the completed school project, the Lions will now get all the money from the triathlon. In Ritzville WA, the biathlon organizers (Supporters of Schools) have used the money to purchase a computer, teaching materials, teacher training, and hiring teacher aides.

Local businesses, restaurants, and motels (which usually give race day discounts) often assist in sponsoring the race in order to provide drinking cups, fruit, and lodging. By doing this, the small town businesses demonstrate their community involvement (get "free" publicity) and can possibly profit from the increase in sales from the out-of-town race participants.

This community business involvement facilitates a golden opportunity for a rural community fun(ding) run to become an immediate economic enhancement. The amount of people attending a run at times raises the "town population" by 15% for race days (Dayton 350/2,565 and Almira 50/330) and these "newcomers" spend money. They spend money on food, lodging (if the race starts early in the morning), and on town souvenirs. The runners might be "newcomers", but they spend money and help the town economy. A less immediate financial benefit for the small town is the possibility of return tourism. If a rural community can offer tourism-type activities including fishing, camping, and good restaurants (i.e., Moses Lake and Dayton), then the run participants are more likely to return and continue their fun(ding) ways.

Most rural small town fun runs are self sufficient and profitable. In most cases, they are not only economically viable, but have brought more people into town to participate in the "weekend" community celebrations (i.e., Dayton WA Centennial Celebration). It is critical that the rural community's first fun(ding) run be successful, or it might be the community's last fun(ding) run. Having the run as part of a weekend festival not only helps the festival economically and the fun(ding) run, but allows for more fun in the fun(d) run (and a larger attraction to out-of-town participants). For example, the Almira WA Country Fair also has a parade, crafts fair, bed race, and horse shoe contest; or the Dayton WA Depot Festival which has a parade that includes the biathlon winners in the parade itself!

How is the type of event and when it is held decided upon? Usually, the event is developed to be different than other events (runs/bike rides/biathlons/triathlons) in the same geographic area, and to emphasize the advantages of the local terrain and weather. The timing of the event depends upon the spring weather (Lewiston ID Spring bike ride up the Snake River Canyon); community annual events (Deer Park WA Winter Carnival); and if a neighboring town is having an event at the same time (decreases the out-of-town participants). Another deciding factor is usually what event the event organizers enjoy doing themselves (i.e., bike, run, swim, or some combination).

The event course has to be designed to utilize the small town's best assets (i.e., rolling hills at Spangle WA <pop 232>, lakes at Moses Lake WA, and run through the town's historic homes district at

Dayton WA). Many race participants keep their time; therefore, race results, finishing position, and accurate course mileage is essential.

For some people a run is a fun run and for others it is a race, so passing out ribbons, medals, and race results helps those who are more competitive and can also make for a fun ceremony (especially if door prizes are raffled off, the entire community is present, and the mayor hands out the awards). Also, whether it's a fun race or a race, almost everyone is interested in their time, so having an accurate finishing time usually makes everyone feel good (and they want to come back for more).

The fun(d) run shirt is very important if the event is going to be an annual rural revenue raiser. Some run shirts make a statement: "I Made the Grade" -- bike ride up the Snake River Canyon in Lewiston ID (pop. 28,000); or "Only Fools Run at Midnight" -- April Fools' Midnight Fun Run in Medical Lake WA (pop 3,630). Run shirt design also individualizes (and at times assures the success) of the various fun(ding) runs. For example, Medical Lake Midnight Run has nocturnal animals, racoon, and owls on the shirt; Latah WA (pop. 179) has running lentils for its Lentil Run (they also give away free lentils as a gimmick); Dayton WA has a community shirt design contest for its annual biathlon while Moses Lake uses the same design but a different color shirt every year for its triathlon; and the Cheney WA (pop 7,640) Cowabunga Run has a cow for its symbol. Using vibrant colors (i.e., Rockford WA <pop 446> Harvest Hustle) also promotes fun(d) runs, especially if they are going to be annual (and successful) rural revenue raisers. The cost per shirt for the rural communities is

usually \$6 apiece. Anything over that cost as the fun(d) run's entrance fee is profit (and used for the fund raising goals).

Recruiting volunteers and community sponsors is essential if the funding event is going to be successful and profitable. The more volunteers that can be utilized, the more the event will be accepted as a "real" community event and not just another fund raiser. Additionally, law enforcement and fire department participation is critical for event route safety and also to ensure that the event has the trappings of an important event (fire engine sirens going off, and/or law enforcement cruiser lights flashing).

An obvious ingredient for success is publicity, both before and after the event. For example, having event information in local newspapers, large metropolitan newspapers, flyers (Appendix 4), and in all the bike and running shoe stores; and race results and finishers in the community newspaper. Most of the rural races have made little profit their first year, and then if they continue their race participants and (and profits) double every year.

It appears the "keys" to financial success for fun(ding) runs as a rural revenue raising event are good organization and the developing of a planning schedule (Appendix 1) to increase event efficiency and to decrease event confusion. As event organizers have told the author, "The more often we do the events the easier they get, but that there are always new and unpredicted problems."

The bottom line to any fund raising activity is how successful and profitable is it? Table 1 reflects two rural community revenue raisers, and how their participants and profits have increased over the years.

TABLE 1

RITZVILLE BIATHLON	Race			
	<u>Participants</u>	<u>Total Dollar</u>	<u>Costs</u>	<u>Profits</u>
1985 (first year) -	60	\$. 600	\$ 360	\$ 240
1988	250	\$.2,500	\$1,500	\$1,000
MOSES LAKE TRIATHLON	Race			
	<u>Participants</u>	<u>Total Dollar</u>	<u>Costs</u>	<u>Profits</u>
1985 (first year) -	170	\$.2,700	\$1,000	\$1,700
1988	550	\$.8,800	\$3,300	\$5,500

Because fun runs are profitable (if run right), many rural communities have made their fun runs annual funding events (i.e., Deer Park WA "Winter Festival Frostdbite Run," Rockford WA "Harvest Hustle," Latah WA "Lentil Run," and Lewiston ID "I Made the Grade"). These rural communities make fun runs work for them and use the money for community projects that taxes won't or can't pay for. When small towns need more money in their budgets, sometimes the best way to get it is to have it "run in"!

APPENDIX 1

RITZVILLE BIATHLON

FEBRUARY:

1. Decide on a date for Biathlon
2. Obtain permission from City Council .
3. Send information to Lilac Bloomsday Run Calendar
4. Verify course
5. Type up race forms and copy
6. Funding - do we wish sponsors?
7. Permission from the school

MARCH:

1. Distribution of race forms
Mail to out of town prior participants
2. Design of the t-shirt
3. Decide on t-shirt company and company for the awards
Make contact with these companies
4. Decide on what bikers are to pass to their partners.
Check on supply of bracelets.
5. Race tickets. What system to use. Do we need to order.
6. Do we wish to have a competition within the school. Leave forms at the office.

APRIL:

1. Publicity - send event notices to media in Spokane.
Information to the Journal.
2. Permission from City to hang sign that goes across Division.
Change date and ask WWP if they will hang it.
3. Finalise t-shirt design.
4. Finalise the awards.
5. Check with Police Dept. and Ambulance for traffic control
along both bike and run route.
Check with Fire Department. State Patrol.

MAY:

1. Have sign put up acrosss Division
2. Order t-shirts (first week)
3. Order awards. Medals must be ordered 4 weeks in advance. (first week)
Pick up date on awards to be one week prior to race day.
4. Decide on how we are to mark the course.
Redo arrows on colored poster board and make extra.
Make necessary mile markers and signs.
5. Check supplies: Pins: Bike Tags: Bracelets: Race Tickets:
6. Check on "start" and "finish" banners.
7. Check on sign for school fence.
8. Secure an emcee
9. How is publicity with Journal going? Will they be there on race day. What info do they need.
10. Do we wish someone to take photographs
11. Secure (a) Directional People (vests and flags)
(b) Water Stop people (cups, pitchers etc.)
(c) Finish Line people
(d) Registration people
(e) Bike workers

JUNE:

1. Pre-Race for workers -
2. Meeting for key workers -
3. Post-Race/for workers -
meeting

APPENDIX 2

Catch the Spirit

in
Historic Dayton, Washington

Places to 'Eat

Atty's Pizza	Carol's
404 West Main Street	176 1/2 East Main Street
382-4160	382-4822
Frontier Too Tavern	Homeport Tavern
211 East Main Street	258 East Main Street
382-9843	382-9801
Patti Creek Restaurant	Ray's Drive Inn
725 East Dayton Avenue	221 West Main Street
382-2625	382-4822
The Inn at Dayton	The Woodshed Tavern
309 East Main Street	250 East Main Street
382-4651	382-9808

Scott & Willie's Minute Mart
403 East Main Street
382-2208

Hotels & Motels

Blue Mountain Motel
414 West Main Street
382-4724

Dayton Motel
111 South Pine Street
382-2136

The Inn at Dayton
309 East Main Street
382-4651

Catch the Spirit

Dayton Festival at the Depot
Sponsored by

Dayton Chamber of Commerce
(Revitalization Committee)
and
Dayton High Alumni

Honoring
the Class Reunions for the
Graduating Classes of
1978, 1973, 1968,
1963, 1958, and 1943

Festival Chairman

Judy Graham
208 South Third Street
(509) 382-2752

Parade Co-chairmen

Lawrence & Betty Turner
Route 3, Box 31
(509) 382-4033

Dayton Chamber of Commerce
Dayton, WA 99328
(509) 382-4825

Catch the Spirit

July 15 and 16
1988

at the

Sixth Annual

Dayton
Festival
at the
Depot

1988
Dayton Festival at the Depot
Calendar of Events

Friday, July 15

**Noon until 6:00 p.m.—Main Street
Downtown Sidewalk Sale**

Dayton Merchants are going all out to make you feel welcome. Bargains galore stretch the length of downtown Main Street and for a block down the central side streets. Dayton Merchants stand ready to offer you a good deal on something you need, on one-of-a-kind items, and on souvenirs and mementos.

**6:00 p.m.—Festival Auction
The Inn at Dayton**

(There is a \$3 admission charge for this event)
Happy Hour—Action—Fun!

A genuine old-fashioned auction with a real, professional auctioneer and loads of interesting, valuable, and unique items to bid on. Items range from small gifts and appliances to a formal dinner for six at the Dayton Depot, from an airplane ride to an expenses-paid vacation for two. This auction happens only once a year. Don't miss it!

Catch the Spirit

Saturday, July 16

All Day at the Depot

Food Fair
Children's Fun & Games Carnival
(Proceeds to benefit children's Organizations)

Model Train Displays

Antique Cars
Arts & Crafts

6:00 a.m.—Depot

Early Bird Breakfast—Lion's Club

7:30 a.m.—Flour Mill Park

3rd Annual Biathlon
10.2 mile Bike Route; 3.1 mile Run

10:00 a.m.—Main Street

Parade

10:45 a.m.—Depot

Biathlon Awards

11:00 a.m.—Depot

Turn-of-the-Century Style Show

12:00 to 4:00 p.m.—Depot

Live Entertainment
Musicians, Dancers, Singers

1:30 p.m.—The Inn at Dayton

Alumni Association meeting

2:30 to 4:30—Dayton High School

Tour of Dayton High School

5:00 p.m.—Depot

Wine Tasting

(There is a \$10 admission charge for this event)

9:00 to 12:00 p.m.—Fair Pavillion

Dance to Live Music

(There is a \$5 admission charge for this event)

Catch the Spirit

Alumnae!
Dayton, Washington

- The oldest courthouse in continuous use in the State of Washington; built 1886-1887, placed on the National Register in 1975.
- Dayton Depot; built in 1881, placed on the National Register in 1974, and completely restored in 1981.
- The first accredited high school graduating class in the State of Washington. High school constructed on land and from funds donated by Dr. Marcel Pietrzycki. Fully remodeled in 1985.
- Site of the third J.C. Penney's in America.
- Washington Street Historical District. Three block historical district containing an impressive collection of Victorian homes in the Queen Anne, Italianate, and Art Deco styles.
- Southside Historical District, located on part of the original town site, platted in 1871. Features a number of large homes on corner lots of broad, tree-lined streets. Styles range from simple Pioneer of "Territorial" houses built in the 1870s to grand Queen Anne homes. Includes workers homes with Folk Victorian elements, and a number of large, spacious bungalows built between 1905 and 1925.
- Eleven homes scattered throughout town, all individually placed on the National Register.
- Home of the Green Giant asparagus cannery, largest in the world.
- Home of one of the first ice cream wagons in the State of Washington: Gus Hansen's Dayton Creamery and Ice Works.

Fourth Annual

Dayton Depot Festival

"All
Aboard"



Friday, July 17, 1987

Auction (Depot Courtyard)
Airplane rides - Trips-
Dinners - The Unusual
Macon Bros. Auctioneers

Saturday, July 18, 1987

7:30 a.m. Biathlon and Breakfast
Begin

9:00 a.m. - 1:00 p.m. Kids Fun
and Games on Courthouse lawn

All day - Model Train Displays

9:00 a.m. - 5:00 p.m. Craft Demos.

10:00 a.m. Parade

11:00 a.m. Style Show

12 noon. Food Fair

1:00 p.m. Alumni Meeting

1:45 p.m. Entertainment Program
Old Time Fiddlers and More

1:00 - 5:00 Guided House Tours
Historic Homes

1:00 - 8:00 p.m. Wine Tasting in
the Depot Courtyard 7.50/person

9:00 p.m. Dancing to Live Music

Special Attraction: 100th Birthday
Celebration of Columbia County
Courthouse

Sunday, July 19, 1987

Many of Dayton's 12 Churches are
Listed on the National Historic
Register

**MOSES LAKE SPRING FESTIVAL
SPONSORS:**

CITY OF MOSES LAKE
MOSES LAKE CHAMBER OF COMMERCE
MOSES LAKE PARKS AND RECREATION DEPARTMENT
MOSES LAKE SCHOOL DISTRICT NO. 161
ROTH DISTRIBUTING - COORS
MCDONALD'S
PAYLESS DRUG
MOSES LAKE STEEL SUPPLY
BUSINESS INTERIORS AND EQUIPMENT
K-MART
MOSES LAKE HONDA-YAMAHA
BURGER KING
SUTTER, KUNKLE & THOMPSON
CASCADE DIESEL
HANSEN CONSTRUCTION
RIPPLE TAVERN
BOOKKEEPING UNLIMITED
US BANK OF WASHINGTON

Special Thanks to those businesses and individuals not named above who have supported the Moses Lake Spring Festival - Both past, present and future.

For Further Information Call or Write
MOSES LAKE SPRING FESTIVAL
P. O. BOX 1231
Moses Lake, Washington 98837
(509) 765-8248

Spring Festival

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Special Attractions:

- ★ Saturday Night Parade
— with —
★ King County Mounted Possee
★ Sunday Evening Fireworks

Friday, May 27, 1988

9:30 am to 5:30 pm
12:00 noon to 9:00 pm
12:00 noon to 9:00 pm
12:00 noon to 11:00 pm
12:00 noon to 12:00 pm
12:00 noon to 9:00 pm
6:30 pm
7:00 pm

Sidewalk Sales - downtown
Food Booths - McCosh Park
Arts & Crafts - McCosh Park
Live Entertainment - McCosh Park
Carnival - McCosh Park
Commercial Booths - McCosh Park
Demo Derby - Fairgrounds
Bed Races - Dogwood St.
McCosh Park area

Saturday, May 28, 1988

8:00 am

9:30 am to 5:30 pm
9:30 am to 3:00 pm
10:00 am

10:00 am to 9:00 pm
10:00 am to 9:00 pm
10:00 am to 9:00 pm
10:00 am to 12:00 pm
12:00 noon to 12:00 pm
2:00 pm

3:00 pm to 5:00 pm
6:00 pm

6:00 pm to 1:00 am
8:30 pm
10:45 pm

10K - 5K FUN RUN - McCosh Park
No day of race registration
Awards ceremony 12:00 noon -
McCosh Park

Sidewalk Sales - downtown
Antique Classic Car - Penn Plaza
Paddlers Classic Canoe Race
Starts at Naches Landing
Finishes at McCosh Park

Commercial Booths - McCosh Park
Arts & Crafts - McCosh Park
Food Booths - McCosh Park
Entertainment - McCosh Park
Carnival - McCosh Park
Remote Control Boat Race -
McCosh Park

Free Swimming - McCosh Park
KIDDE'S PARADE
Fourth Avenue - Beach to Boleam
Bingo Night - Holmark Inn
Eighth Annual Moonlight Parade
Starts at Third and Ivy
Parade Awards - McCosh Park

HERE IT IS!

The most fun-filled,
exciting Memorial Weekend
you ever dreamed of.

JOIN US

and be a part of the
Annual

MOSES LAKE Spring Festival

May 27th through the 29th

HERE ARE SOME OF THE EXCITING EVENTS THAT WILL TAKE PLACE:

Sunday, May 29, 1988

10:00 am to 9:00 pm
10:00 am to 10:00 pm
10:00 am to 9:00 pm
10:00 am to 1:00 pm
11:00 am

12:00 noon to 8:00 pm
12:00 noon to 12:00 pm
1:30 pm
2:00 pm
3:00 pm to 5:00 pm
8:00 pm

9:30 pm

Sponsored by:

Commercial Booths - McCosh Park
Food Booths - McCosh Park
Arts & Crafts - McCosh Park
Poker Run
TRIATHLON - Starts at Montlake Park
Finishes at McCosh Park
Entertainment - McCosh Park
Carnival - McCosh Park
Remote Control Car Races - Lions Field
Merry Sounds of Nine - McCosh Park
Free Swimming - McCosh Park
High School Band - McCosh Park

Fireworks Show - McCosh Park

★ Moses Lake High School Band
★ Moses Lake Spring Festival

★ **US BANK**

SEE YOU IN
MOSES LAKE, WASHINGTON

MOSES LAKE Spring Festival



MAY 27, 28, 29, 1988

APPENDIX 3

ALMIRA COUNTRY FAIR

SATURDAY

October 10, 1987

Schedule of Day's Activities
(tentative)

8:30 - 10:00 a.m. - - - - Biathlon Registration
10:00 a.m. - - - - - - -Parade
10:30 - 3:00 p.m. - - - - Arts & Crafts Sale
10:30 a.m. - - - - - - -Horseshoe Registration
11:00 a.m. - - - - - - -Biathlon
11:15 a.m. - - - - - - -Horseshoe Competition
1:00 p.m. - - - - - - -Tricycle Race
2:00 p.m. - - - - - - -Biathlon Awards
2:15 p.m. - - - - - - -Firemen Competition
4:00 p.m. - - - - - - -Bed Race
5:30 - 7:00 p.m. - - - - Ham Dinner
7:00 p.m. - ? - - - - -Lions' Bingo Night

Crafts -- Food -- Christmas Gift Items -- Beverages
Needlework -- Pies -- Candles -- Cakes -- Jewelry
Breads -- Wooden Toys -- Candies -- Games for Kids

All Almira Country Fair Association monies go to
promote the welfare of the Almira Community Center.

For information about any of the activities, contact:
Donna Hodgson, Box 28, Almira, 99103 (639-2249)

We're planning a day of activities for everyone!

PLAN TO JOIN US IF YOU CAN!

APPENDIX 4

MEDICAL LAKE LIONS CLUB & KGA 1510 RADIO

PRESENT
10TH ANNUAL

"ONLY FOOLS RUN"

(AT MIDNIGHT, between April 9 & April 10, 1988)

LOCATION: MEDICAL LAKE, WASHINGTON
STARTING POINT: Medical Lake High School
COURSE: Approximately 3.5 miles on paved streets
DATE: MIDNIGHT, April 9, 1988
TIME: 12:00 midnight (between April 9 & April 10)

REGISTRATION:

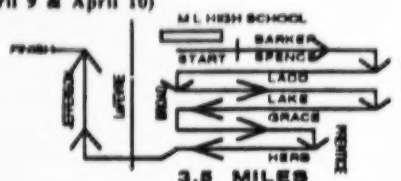
Pre-registration fee = \$7.00
Late-registration fee = \$10.00

Please send check or money order

to:
MEDICAL LAKE LIONS CLUB
P.O. BOX 277
MEDICAL LAKE, WA 99022

CHECK IN: Medical Lake High School

1:00p.m. to 4:00 p.m. on April 9, 1988
8:00p.m. to 11:00p.m. on April 9, 1988



SPECIAL FEATURES:

- (1) All registered participants will receive a T-SHIRT.
- (2) Dress up in the most outrageous and foolish costume you can think of and enter the "MOST FOOLISH" contest. No contest entry fee is required and you might win a trophy (which is worth almost nothing) if you are judged to be one of the best. This event is sponsored by the Medical Lake Merchants Association. JUDGING AT 11:00 PM!
- (3) FREE Liquid refreshment will be available after the run.

FOR INFORMATION: Call :244-3363 or 299-3675

ALL PRE-REGISTRATION FORMS MUST BE RECEIVED PRIOR TO APRIL 6, 1988!

LAST NAME FIRST MIDDLE

MAILING ADDRESS CITY STATE ZIP

AGE MALE FEMALE TELEPHONE NUMBER (Check one) S M L XL T-SHIRT SIZE

RUN RELEASE

In consideration for the acceptance of MY application and their permitting me to participate in the "ONLY FOOLS RUN AT MIDNIGHT" on April 10, 1988, I, for myself, my executors, my administrators and my assigns forever release and discharge any and all rights to ever make claims on my behalf against the MEDICAL LAKE LIONS CLUB, IT'S MEMBERS, KGA 1510 RADIO, AND THE CITY OF MEDICAL LAKE. I am aware there is an element of risk involved in this event and I WILL ACCEPT RESPONSIBILITY FOR ANY INJURY WHICH I MIGHT INCUR. This is my written statement that I will assume and pay my own medical and emergency expenses in the event of injury, accident, illness, or other incapacitation. I certify that I have prepared myself to be physically fit to participate in this event. I will, at no cost to the sponsors, provide my own liquid refreshment or any auxiliary light source which I feel is necessary to insure my safety during this event.

SIGNATURE

DATE SIGNATURE OF PARENT/GUARDIAN (under 18)

4.



CHATAQUA BIKE CLUB PRESENTS

CHATAQUA HALF-CENTURY CLASSIC

JULY 2, 1988

A BICYCLE TOUR FOR EVERYONE

We start the 1988 Chataqua Celebration with a beautiful 25 or 50 mile tour through the rolling foothills and farm lands of Southern Stevens County. The 50 mile course travels around a beautiful lake and includes steeper hills to please even the serious biking enthusiasts. The 25 mile course covers a few gentle rolling hills and is a beautiful ride for the bikers who choose this shorter distance. The ride will begin at the Chewelah City Park. Food will be available in the park, and riders and spectators will be able to relax and enjoy the park throughout the day.

TOUR REGULATIONS:

No children under 12 years of age unless accompanied by adult.

All riders must observe traffic rules throughout tour.

The use of helmets is required for all riders.

FOOD STATIONS:

The 25 mile riders will pass through one food station which will be located at their turn around point. The 50 milers will have 3 food stations available. Water and a variety of fresh fruits, cookies, muffins, etc. will be at each food station as well as watermelon for all riders at the finish.

PRIZES:

A free drawing will be held just prior to start time. Tickets will be distributed to each entrant at check-in. A variety of cycling equipment will be given away. Registered riders only will be eligible for drawing prizes.

REGISTRATION:

Registration fee will be \$10.00 if mailed on or before Friday, June 24, 1988. Late registration fee will be \$15.00. All registered riders will receive a long-sleeved T-shirt. Registration fee includes \$1.00 USCR rider insurance surcharge.

PRE-RIDE CHECK-IN:

Pre-ride check-in will begin at 8:00 at the Chewelah City Park. The ride will begin promptly at 10:00.

9th Annual ALMIRA GREAT RUN

"A SPECK OF A TOWN WITH A HECK OF RUN!"

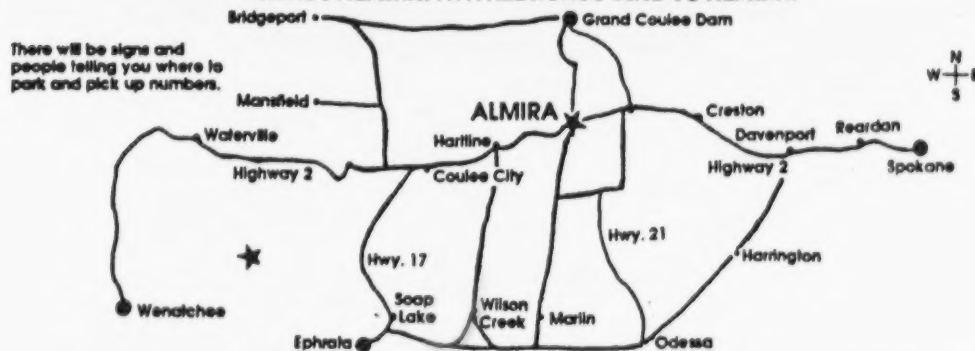
SUNDAY, APRIL 24, 1988 - 1:00 P.M.

In Memory of Kay White-Earsley

SPONSORED BY: The Almira Lions Club to benefit the fight against Multiple Sclerosis.

COURSE: The 3.5 and 6.2 (and a little more) mile courses will carry you through the heartland of America's finest wheatland, over rolling country roads, and land you in the Almira Lions Park. Awaiting the participants will be the famous, fantastic picnic put on by the townspeople. T-shirts to all finishers. Awards to the top two female and male finishers in each age group, as well as to the first top male and female overall finishers. Aid stations at 1/2-way marks and finish. Come, join the fulfilled day and help us in our fight against M.S.

WHERE'S ALMIRA? ALL ROADS LEAD TO ALMIRA!



ENTRY: \$8.00 - Please send fee with entry form. Please send entry forms by Thursday, April 21, 1988.

Pick up run packets on Saturday, April 23, 1988 - from 7:30-8:30 p.m. and from 9:00 a.m. -12:30 p.m. on the day of the run at the Almira Community Center. For more information contact: DUANE WHITE, PHONE (509) 639-2279, EVENINGS OR (509) 639-2361, days.

Please make checks payable to: ALMIRA GREAT RUN

Mail to: ALMIRA GREAT RUN, BOX 197, ALMIRA, WA 99103

WAIVER: In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against officials and/or sponsors of "The Almira Great Run" for injury or illness which may directly or indirectly result from my traveling to and from, or participating in this event. I further state that I am in proper physical condition to participate.

PRINT CLEARLY

LAST NAME										FIRST NAME										IN.
MAILING ADDRESS										CITY										
STATE	ZIP CODE	AGE ON APR. 24, '88	SEX	AREA CD.	TELEPHONE NUMBER															
DIVISION (Check One): ☐ 1-10 ☐ 11-15 ☐ 16-19 ☐ 20-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60-69 ☐ 70+																				
ADULT T-SHIRT SIZE: S ☐ M ☐ L ☐ XL ☐																				
CHILDREN'S T-SHIRT SIZE: M (10-12) ☐ L (14-18) ☐																				

SIGNATURE _____ DATE _____ SIGNATURE OF PARENT/GUARDIAN IF RUNNER IS UNDER 18 _____

ENTRY FORM NOT VALID WITHOUT SIGNATURE

SEND CHECK FOR \$8.00 TO: ALMIRA GREAT RUN, BOX 197, ALMIRA, WA 99103

HAVE YOU PARTICIPATED BEFORE? _____ WHAT YEARS? _____

14.



ALMIRA
COUNTRY FAIR BIATHLON
SATURDAY, OCTOBER 10, 1987

COURSE DESCRIPTION

Bikes will start at the Almira Fire Station. Two bike routes are available. The 20.2 mi. route thru Hartline will end at Almira Farmers Warehouse, and the 5.8 mi. will end at Lions Park. The 3.5 mi. run will start at the end of respective bike routes and finish at Lions Park.

AWARDS

All participants will receive a T-shirt. Awards will be given at 2 p.m. in Lions Park.

PRE-RACE

General

1. All pre-entries must be received by Oct. 6, 1987. A \$2 individual fee will be levied for late entry participants.
2. Each team member must complete a separate entry form. Indicate the event each will complete and mail forms in together.

3. Race Fees: (non-refundable)

INDIVIDUAL PRE-ENTRY	\$ 8.00
INDIVIDUAL LATE ENTRY	10.00
TEAM PRE-ENTRY (\$8.00/person)	16.00
TEAM LATE ENTRY (\$10.00/person)	20.00

4. Water stations will be provided throughout the run course.

Registration

1. Pre-race registration will be Saturday, Oct. 10, 8:30 - 10:00 a.m. at the Almira Fire Station. Race begins at 11:00 a.m.
2. Bikes should be safety checked by owners before the race.

RACE RULES & REGULATIONS

BIKE

1. Absolutely no drafting. Riders must maintain a limit of 3 bike lengths except for passing.
2. No tandems, recumbants, fairing or devices to reduce air resistance are allowed.
3. Hard shell helmets and water bottles are recommended.
4. No support assistance is permitted. Each participant must make all repairs.
5. Each racer must provide a bike tender.
6. Cyclist may ride, walk or crawl.
7. Bicycle course is not a closed course. There will be vehicle traffic. Riders must obey traffic rules.
8. Course will be monitored by law officials, race officials and communications officials.

RUN

1. No form of locomotion other than running, walking or crawling is permitted.
2. No vehicles, escort runners or support assistance is permitted.
3. The course will be closed 2 hours after the start.

GENERAL

An EMT, along with radio communication will be provided.

For more information or additional entry forms contact: Jim Bafus, Box 73, Almira, WA 99103 639-2431 (8 a.m.-5 p.m.) 639-2271 (after 5 p.m.)



4th Annual Ritzville Biathlon June 4, 1988 10AM



COURSE DESCRIPTION

Bikes will start 11.5 mi. route at the Ritzville High School ending at the City Park. The 5 K run will start and finish at the City Park.

A unique challenge for both the experienced and novice biathlete.

PRE-RACE

1. All pre-entries must be received by May 31, 1988.
2. Each team member must complete a separate entry form. Indicate the event each will complete and mail forms in together.
3. Race Fees

INDIVIDUAL PRE-ENTRY	\$10.00
INDIVIDUAL LATE ENTRY	\$12.00
TEAM PRE-ENTRY (\$8/person)	\$16.00
TEAM LATE ENTRY	\$20.00
NO SHIRT OPTION (ea.person)	\$ 3.00

REGISTRATION

1. Registration will begin Saturday, June 4, 8:30-9:30 at the Ritzville High School Gym.
2. Local participants pick up your packets Friday, June 3, between 5 p.m. - 6 p.m. at the City Park.

AWARDS
(medals, ribbons, plaques)

All participants will receive a T-shirt. AWARDS will be given at 12 Noon in the City Park.

For more information or additional entry forms, contact Dennis W. Morgan, P. O. Box 124, Ritzville, WA 99169, 659-1948, after 5 p.m.

MAKE CHECK PAYABLE TO: SUPPORTERS OF SCHOOLS (a non-profit organization).

DETACH AND MAIL TO: RITZVILLE BIATHLON, P. O. Box 124, Ritzville, WA 99169

Name _____

Address (Street, _____
City, State, Zip) _____

Phone _____

Age on June 4, 1988: _____ Gender: M _____ F _____

T-shirt size: Small _____ Medium _____ Large _____ X-Large _____ No Shirt _____

I value and release all rights and claims against the sponsors for any and all injuries, losses or damages suffered while traveling to and from or participating in this event.

Signature: _____

Contestant

INDIVIDUAL

0-13	20-29	40-49
14-19	30-39	50-59
	60+	

RACE RULES & REGULATIONS

BIKE

1. Absolutely no drafting. Riders must maintain a limit of 3 bike lengths except for passing. Drafting will result in disqualification.
2. No tandems, recumbents, fairing or devices to reduce air resistance are allowed.
3. HARD SHELL HELMETS REQUIRED and water bottles are strongly recommended.
4. No support assistance is permitted. Each participant must make all repairs.
5. Cyclist may ride, walk or crawl.
6. Bicycle course is not a closed course. There will be vehicle traffic. Riders must obey traffic rules.
7. Course will be monitored by law, race and communications officials.

RUN

1. No form of locomotion other than running, walking or crawling is permitted.
2. No vehicles, escort runners or support assistance is permitted.

GENERAL

1. The course will be closed 2 hours after the start
2. An ambulance along with radio communication will be provided.
3. Water stations will be provided.
4. Bikes should be safety checked by owners before the race.

Colwell Motor Inn
\$5 off 1-800-341-8000
Comfort Inn: 10% off
1-800-221-2222 (+RV)

Cottage (RV) 659-0721
Empire 659-1030
Top Hat 659-1100

10% off

Motel Discount!

Restaurant Specials on Race Day!

9th annual

Maranatha* Palouse

* Greek: "Jesus is Coming"

A 10 KM FUN RUN FOR FITNESS AND CHARITY GET READY FOR BLOOMSDAY!!

WHERE: Upper Columbia Academy at Spangle, WA is located approximately twenty miles south of Spokane on state route 195. Upper Columbia Academy is located a mile and a half south of Spangle just east of old highway 195.

SPONSORED BY: The Four Year Senior Club of Upper Columbia Academy. All proceeds of the race beyond expenses will benefit students at Colegio Juarez, a small school at the village of Teso Paco, Sanora, Mexico, providing Christian education for poor youth of Mexico.

RACE FACTS:

Date and Hour: April 10, 1988, 11:00 a.m.

Times given at 1 and 3 miles and finish

Aid stations at 3 miles and finish

Entry fee \$7.00 with quality 50/50 T-shirt

\$3.00 without T-shirt

Deadline to mail entries - April 4

\$1.00 fee for race day registration

Check in by 10:45 a.m.

Awards to top male and female finisher and first, second and third place in all age divisions

For further information call Olin Peach (509) 245-3646 or 245-3625

THE COURSE: The race will start near the campus of Upper Columbia Academy and proceed south down Old Highway 195 to Bradshaw Road and turn left. The next approximately one and a half miles is a series of short but rather steep hills. Bradshaw Road intersects the Spangle-Waverly Road and the course proceeds west back to the U.C.A. campus. Most of the last part is slightly down hill. A moderate amount of hill training is required.

ENTRY FORM: Send this form and \$^{\$7.00} or \$3.00 to: Maranatha Palouse Road Run, U.C.A., Spangle WA 99031. Make checks or money orders payable to Upper Columbia Academy.

NAME _____
Last First Initial

ADDRESS _____

CITY _____ STATE _____ ZIP _____

MALE ☐ FEMALE ☐ AGE GROUP: 14 and under ☐ 15-18 ☐ 19-29 ☐ 30-39 ☐ 40-49 ☐ 50-59 ☐ 60 and over ☐

☐ with T-shirt Circle size: Small Medium Large Extra Large

☐ without T-shirt

BE SURE TO SIGN RELEASE

In consideration of the acceptance of this entry and intending to be legally bound, I hereby for myself, my heirs, executors and administrators waive, release and forever discharge any or all rights and claims for damages I may have or which may occur to me against Upper Columbia Academy, the Four Year Senior Club of Upper Columbia Academy, or their respective officers, agents, representatives, successors and assigns for any and all injuries, loss or damages which may be sustained by myself arising out of my traveling to, participating in and returning from the Maranatha Palouse 10 km. run, April 10, 1988 at Spangle, WA. I have read the above statement, and I understand it, and my signature confirms its full acceptance.

SIGNED _____ (BY ENTRANT)

SIGNED _____
(By guardian/parent if entrant is under 18 years old)

6.

Second Annual
DAYTON DEPOT FESTIVAL

BIATHLON

Saturday, July 18, 1987

7:30 a.m.

Dayton, Washington

Bikes will start at Flour Mill Park with a 10.2 mile route out the Patit Road and back ending at Flour Mill Park. The 3.1 mile run will start at Flour Mill Park and finish near there at Frontier Federal Bank.

Pre-race

1. All entries must be received by July 10. A \$2 individual fee will be levied for late entry participants. Entries received after the cut off date cannot be guaranteed a t-shirt on race day, but one will be mailed later.
2. Each team member must complete a separate entry form. Indicate the event each will compete and mail in forms together.
3. Race fees: Individ. pre entry 8.00
Individ. late entry 10.00
Team pre entry 16.00
Team late entry 20.00
Entry without t-shirt 3.00 per person.
4. Water stations will be provided.
5. No refunds after July 10.
6. You must participate to receive a shirt.

Registration

1. Pre-race registration will be Saturday, July 18, 1986 from 6:00-7:00 a.m. at Flour Mill Park.
2. Bikes should be safety checked by owners before the race.

Race Rules + Regulations

Bike

1. No tandems, recumbants, fairing or devices to reduce air resistance are allowed.
2. Hard shell helmets and water bottles are strongly recommended.
3. No support assistance is permitted.
4. Cyclist may ride, walk or crawl.
5. Bicycle course is not a closed course. There will be vehicle traffic. Riders must obey traffic rules.
6. Course will be monitored by law and race officials.

Run

1. No form of locomotion other than running, walking, or crawling is permitted.
2. No vehicles, escort runners, or support assistance is permitted.
3. The course will be closed 2 hours after the start.

General info

An ambulance along with radio communication will be available. For more information or additional entry forms, contact Jan Nealey, 1535 S. 5th St., Dayton, WA 99328 or phone 509-322-2374.

AWARDS

All participants will receive a t-shirt (except those who chose to run for fun for 3.00). Awards will be given at 11:00 a.m. at the Dayton Depot.

Breakfast

Breakfast will be available without cost to all Biathlon participants after the race.

RACE INFORMATION

1. Individual entries wear race ticket and race number on left front.
2. Team bikers wear wrist band and race number (left front). Team bikers pass the wrist band to teammate at the "Bike Finish/Run Start" area. Team runners wear the race ticket and number on left front.
3. For the protection of your bike, registered race tickets or race numbers must be shown to claim your bike from the bike storage area. Please tag your bike with the small numbered tag provided in your race packet.
4. Water is available on the Patit Road, Touchet Street, and Flour Mill Park.
5. Restrooms are located in the rear of Frontier Federal Bank. Enter and go downstairs.
6. Mile markers are posted every mile on the right.
7. Awards will be given at 10:45 a.m. at the Dayton Depot, 2nd and Commercial Streets.
8. Breakfast is available free to registered Biathlon participants, compliments of the Dayton Lions Club and Dayton Jaycees Club. Turn in your race number at the Depot for your breakfast.
9. Thank you to Freddies Food Market for helping to sponsor in part this year's Biathlon.
10. Thank you again this year to Pepsi Cola Company for providing the pop to participants.
11. Good Luck and Enjoy your time in Dayton!!!
12. Race winners are invited and encouraged to join in the parade at 10:00 a.m. (1st, 2nd, and 3rd places in all categories.)

*Note: The run has been reversed from last year.

